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# Dover Community Senior Center

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603-516-6436 • 603-516-6437

**May 2023**

## Updates for May:

- ♦ On Wednesday May 3rd at Noon Dietician Diana Robinson is here to give tips and tricks for easy cooking for one or two people while reducing waste and saving money! Discover the concept of “Nextovers” - A cook once and eat twice strategy. Learn about “Deconstructed Meals” in which you create a balanced meal out of foods already in your pantry and which foods to buy for health AND convenience! Yes, you can have both! \*\*This event is currently full with a wait list. RSVPs ONLY. \*\*
- ♦ Final payments for Beautiful at Ogunquit are due on Friday, May 5th.
- ♦ Thursday, May 11 at 1:30 AARP presents “Sorting Fact From Fiction Online.” There are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the Internet and on Facebook, making it hard for even the most discerning reader to sort fact from fiction. In this free AARP NH Speakers Bureau presentation, the AARP Fact Tracker will equip you with valuable tools and resources to help you stay safe online. What will you learn? Gain a better understanding of what misinformation online is, why it exists, how it spreads, and how you can verify information for yourself. RSVP to Linda to attend.
- ♦ May 15-17 is our Vermont trip... during that time due to Linda being out of the office, we cannot accept credit card payments or travel payments, so please plan ahead. We do still have a few spaces available on the trip if anyone is interested!
- ♦ Final payments for Mamma Mia at Winnepesaukee Playhouse are due on Monday, May 22nd. If the wait list becomes long enough, we will take an extra van on the trip!
- ♦ The Senior Center is CLOSED on Monday, May 29th in observance of Memorial Day.
- ♦ Cribbage players may drop in for play (no table rotation) on Wednesday May 31st.

The Dover Senior Center is pleased be promoting a new trip for 2024. Memorials of World War II (September 13-22, 2024) is a trip offered only once every five years commemorating the anniversary of D-Day, and we have a very limited number of spots available. This is a very unique trip so please read the entire flyer before making your decisions. We have already taken deposits, so if you are serious about this trip, please do not wait for the slideshow presentation to sign up!

Our website can be accessed off the City of Dover website, or type the following into your browser:  
<http://www.dover.nh.gov/government/city-operations/recreation/community-senior-center/index.html>

### **Activity Descriptions:**

**Bingo:** Bingo is held every Friday at 12:30. \$0.50 per card, 13 games. Come try it out!

**Book Club:** Book Club meets the third Friday of the month at 10am. This month's meeting will be Friday, May 19th. The selection for this month is **A Land More Kind Than Home** by Wiley Cash, "a coming of age story within a suspense-filled thriller." Books may be signed out by members at the Center.

**Bread Pickup:** One item per member unless otherwise posted.

**Cards & Games:** We are now hosting Bingo, Bridge, Cribbage, Canasta, Dominoes & MahJongg, Canasta, and Scrabble. Hand and Foot, Pay Me, Poker, and Whist have not yet returned. If you are unsure that a group is meeting, you may want to call first. Please let Linda know if you are interested.

**Coloring:** Join your friends to color the stress away. If you don't have your own books, we have some you can use.

**Craft Group:** The Warming Project is looking for crafters to help make blankets, scarves, mittens, hats, and socks for the unsheltered on the seacoast. Folks can knit, crochet, or sew these items. Yarn can be provided for this if you have the skills but not the materials. If folks would like to come in and craft together, see Linda for a time and space.

### **Education:**

**Spanish Class** will be Wednesdays at 10:30—this is an intermediate conversation and grammar class so you must have some Spanish language background to participate.

**German Class** will be on a hiatus for May after the Monday May 1st class.

### **Exercise Classes:**

Class registrations are done month-to-month, but you **can** sign up after the month has begun:

The May session of **Chair Yoga** will be Thursdays, May 11th and 25th at 9am—\$10

**Tai Chi** Wednesdays in May at 10am (no class 5/17)—\$24

**Yoga for Bone Health** will be Mondays in May (no class 5/29) at 10am—\$24

**Fitness & Sports:** Please note if you are in the gym **you MUST have a change of shoes.**

Pickleball This is an active game—please make sure you check with your physician before beginning any new exercise program. Please contact us for information on other area locations that offer play if you are a beginner player. We do not have any beginner classes scheduled at this time.

PingPong The table is set up and ready for you by reservation! Regular play you can drop in for is Monday and Wednesday at 12:30.

Cornhole (Bean Bag Throw) is now by reservation.

**Health & Wellness:** Wentworth Homecare and Hospice blood pressure checks are on hiatus.

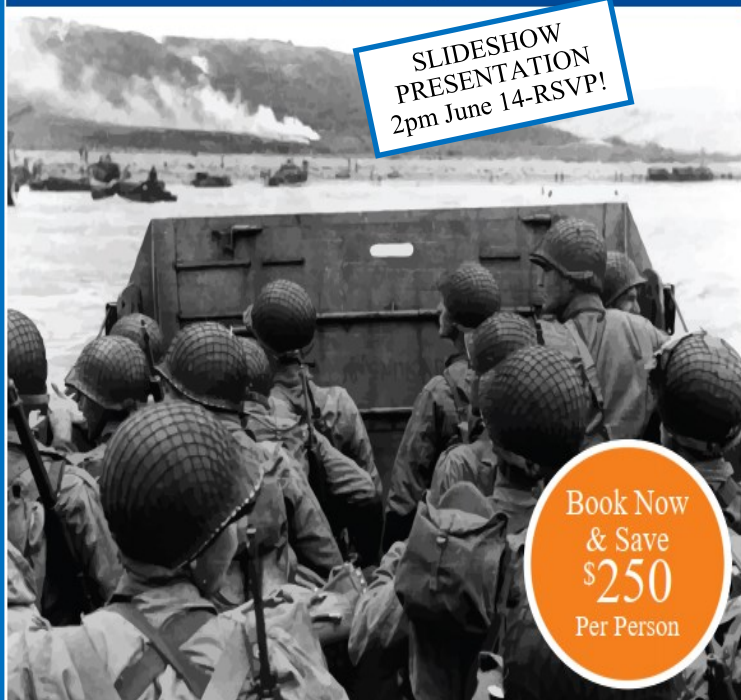
**Music:** The Ukulele group rehearses Wednesdays 9:30 am—11 am. For those interested, we do have loaner ukes available for you to learn on.

Dover Seniors presents...

## Memorials of World War II

September 13 – 22, 2024

SLIDESHOW  
PRESENTATION  
2pm June 14-RSVP!



Book Now  
& Save  
**\$250**  
Per Person

Upgrade to **Elite Airfare!** see inside for details

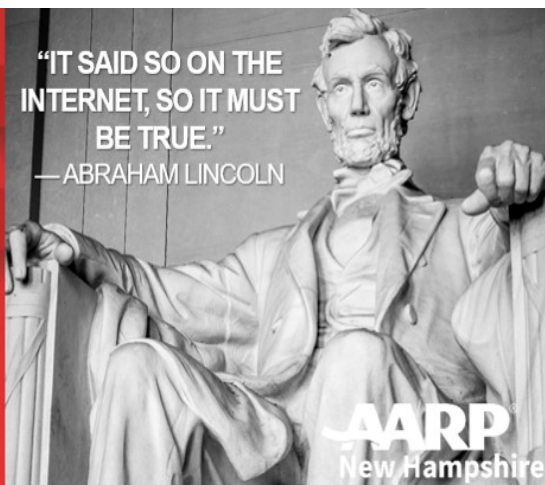


MEMORIAL  
★ DAY ★

REMEMBER AND HONOR



"IT SAID SO ON THE  
INTERNET, SO IT MUST  
BE TRUE."  
— ABRAHAM LINCOLN



**AARP**  
New Hampshire

### Do you believe everything you see online?

There are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the Internet and on Facebook, making it hard for even the most discerning reader to sort fact from fiction. This free AARP NH Speakers Bureau presentation **Sorting Fact from Fiction Online – AARP Fact Tracker** will equip you with valuable tools and resources to help you stay safe online. Gain a better understanding of what misinformation online is, why it exists, how it spreads, and how you can verify information for yourself.

Take this opportunity on Thursday, May 11 at 1:30 to learn how to protect yourself and loves ones. RSVP to Linda to attend.

## Trapp Family Lodge

**AUSTRIAN-INSPIRED  
LODGING IN BEAUTIFUL  
STOWE, VT**

**MAY 15 – 17, 2023**



**TRAVEL UPDATE: DAY AND OVERNIGHT TRIPS**

Flyers for all trips are located at the Senior Center.

Trips leave from the 'Park and Ride' lot at the Jenny Thompson Pool unless noted.

*Please read tour highlights and consider any special needs you may have. Many tours require walking or stairs and may have limited handicapped access. We request a \$10 **\*\*non-refundable\*\*** deposit on day trips and a \$50 **\*\*non-refundable\*\*** deposit on overnight bus trips (per person) at the time of your reservation. Final payment on bus trips is due 1 month in advance of departure. No seats will be held without final payment by that date. Within 30 days, no refunds will be issued unless we are able to replace you on the trip. \*Some trips may require full payment at signup or an earlier final payment to secure tickets.\**

**May 15-17, 2023: Von Trapp Family Lodge in Stowe, Vermont. \$890 pp/double occupancy. Not-yet-members add \$30.**

**June 7, 2023: Beautiful: The Carole King Musical at Ogunquit Playhouse. Members Only. \$110.**

**June 14, 2023: 1:30 pm—DOCUMENT PARTY for those on the Western Canada trip!**  
**June 14, 2023: 2:00 pm—SLIDESHOW PRESENTATION Memorials of WWII 2024. RSVP!**

**June 22, 2023: Mamma Mia at Winnepesaukee Theater. Members Only. \$50.**

**June 24-July 2, 2023: Western Canada's Rockies, Lakes, and Wine Country. Flyers available at the center or by email.**

**July 12, 2023: Singin' In The Rain at Ogunquit Playhouse. Members Only. \$110.**

**August 8, 2023: On Your Feet: Extraordinary lives of Emilio & Gloria Estefan at Ogunquit Playhouse. Members Only. \$110.**

**August 31, 2023: Da Vinci Code at Ogunquit Playhouse. Members Only. \$110.**

**September 13-22, 2023: Shades of Ireland. Flyers available at the center or by email.**

**September 27, 2023: The Full Monty at North Shore Music Theater. Members Only. \*\*wait list only\*\***

**October 4, 2023: Tootsie: A Musical Comedy Heaven at Ogunquit Playhouse. Members Only. \$110.**

**November 1, 2023: Elvis! at North Shore Music Theater. Members Only. \*\*wait list only\*\***



# MAY 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
1	10am—German 10am—Bone Strength Yoga 12:30 Cribbage 1pm—Drop in Ping Pong 12-245—MahJongg	2	11:30 Bridge 12:00 Dominoes 830-11 Pickleball	3	9:30-11—Silver Strummers 10 am—Tai Chi 10:30—Spanish 12:00— <b>Nutrition Class RSVPs ONLY</b> 12:30—Scrabble / Ping Pong	4	NO CHAIR YOGA 12:00—Chinese Style Mahjongg 12:00—Canasta	5	8:30-11 Pickleball 9:00-11:30—Coloring 12-2:45—Mahjongg 12:30 Bingo
8	NO GERMAN TODAY 10am—Bone Strength Yoga 12:30 Cribbage 1pm—Drop in Ping Pong 12-245—MahJongg	9	11:30 Bridge 12:00 Dominoes 830-11 Pickleball	10	9:30-11—Silver Strummers 10 am—Tai Chi 10:30—Spanish 12:30—Scrabble / Ping Pong	11	9:00—Chair Yoga 12:00—Chinese Style Mahjongg 12:00—Canasta 1:30— <b>Online Fact From Fiction</b>	12	8:30-11 Pickleball 9-11:30 Coloring 12-245—Mahjongg 12:30—Bingo
15	NO GERMAN TODAY 10am—Bone Strength Yoga 12:30 Cribbage 1pm—Drop in Ping Pong 12-245—MahJongg	16	11:30 Bridge 12:00 Dominoes 830-11 Pickleball	17	9:30-11—Silver Strummers NO TAI CHI TODAY 10:30—Spanish 12:30—Scrabble / Ping Pong	18	NO CHAIR YOGA 12:00—Chinese Style Mahjongg 12:00—Canasta	19	8:30-11 Pickleball 9-11:30 Coloring <b>10—Book Club</b> 12-245—Mahjongg 12:30—Bingo
22	NO GERMAN TODAY 10am—Bone Strength Yoga 12:30 Cribbage 1pm—Drop in Ping Pong 12-245—MahJongg	23	11:30 Bridge 12:00 Dominoes 830-11 Pickleball	24	9:30-11-Silver Strummers 10 am—Tai Chi 10:30—Spanish 12:30—Scrabble / Ping Pong	25	9:00—Chair Yoga 12:00—Chinese Style Mahjongg 12:00—Canasta	26	8:30-11 Pickleball 9-11:30 Coloring 12-245—Mahjongg 12:30—Bingo
<b>SENIOR CENTER CLOSED MEMORIAL DAY</b>		30	11:30 Bridge 12:00 Dominoes 830-11 Pickleball	31	9:30-11-Silver Strummers 10 am—Tai Chi 10:30—Spanish 12:30—Scrabble / Ping Pong			<b>Senior Center Hours Monday—Friday 9am-3pm</b>	

**Remember...if Dover schools are cancelled for inclement weather, we are closed.**

**If the schools observe an early dismissal, the Senior Center will close at Noon.**

**If Dover schools are on a 2-hour delay, we are on a 2 hour delay as well and there will be no fitness classes.**